



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09154, Lemon juice, frozen, unsweetened, single strength

Report Date: June 30, 2017 12:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 2.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g
Proximates						
Water	g	92.39	3	0.401	225.43	28.18
Energy	kcal	22	--	--	54	7
Energy	kJ	92	--	--	224	28
Protein	g	0.46	3	0.006	1.12	0.14
Total lipid (fat)	g	0.32	3	0.037	0.78	0.10
Ash	g	0.33	3	0.034	0.81	0.10
Carbohydrate, by difference	g	6.50	--	--	15.86	1.98
Fiber, total dietary	g	0.4	--	--	1.0	0.1
Sugars, total	g	2.40	--	--	5.86	0.73
Minerals						
Calcium, Ca	mg	8	3	1.201	20	2
Iron, Fe	mg	0.12	3	0.018	0.29	0.04
Magnesium, Mg	mg	8	3	0.536	20	2
Phosphorus, P	mg	8	3	1.225	20	2
Potassium, K	mg	89	3	12.005	217	27
Sodium, Na	mg	1	3	0.167	2	0
Zinc, Zn	mg	0.05	3	0.006	0.12	0.02
Copper, Cu	mg	0.030	3	0.000	0.073	0.009
Manganese, Mn	mg	0.030	3	0.006	0.073	0.009
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	31.5	3	5.710	76.9	9.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g
16:0	g	0.038	--	--	0.093	0.012
18:0	g	0.003	--	--	0.007	0.001
Fatty acids, total monounsaturated	g	0.012	--	--	0.029	0.004
16:1 undifferentiated	g	0.001	--	--	0.002	0.000
18:1 undifferentiated	g	0.011	--	--	0.027	0.003
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.097	--	--	0.237	0.030
18:2 undifferentiated	g	0.068	--	--	0.166	0.021
18:3 undifferentiated	g	0.029	--	--	0.071	0.009
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0